

Erie County Stay Fit Dining Program

STANDARD MENU

NOVEMBER 2016

Mon.	Tue.	Wed.	Thu.	Fri.
31 <u>Halloween Lunch!</u> Breaded Veal Patty w/Tomato Sauce & Mozzarella Cheese Carrot Coins-Cauliflower Fresh Italian Bread Special Spooky Donut! 1001	1 Boneless Chicken Breast w/Gravy Roasted O'Brian Potatoes Seasoned Hubbard Squash Whole Wheat Roll Peach & Pear Cup 683	2 Sliced Roast Beef w/Gravy Whole Wheat Roll Ranch Mashed Potatoes Green Beans Fruited Gelatin 676	3 <u>Chicken Bowtie Salad</u> Grilled Chicken Breast Marinated Bowtie Pasta w/Mixed Vegetables Apple Juice Blueberry Muffin Square Fresh Fruit 817	4 Breaded Fish Patty w/Tartar Sauce Broccoli-Rice Casserole Tender Peas Orange Juice Chocolate Chip Cookies 959
7 Turkey Vegetable Casserole Chive Mashed Potatoes Buttermilk Biscuit Fruit Delight Cookie 765	8 <u>Election Day</u> Seasoned Meatballs, Penne Pasta, Tomato Sauce & Mozzarella Cheese California Mixed Vegetables Apple Juice Fresh Fruit 840	9 Breaded Chicken Breast w/Gravy Mashed Potatoes Harvard Beets Whole Wheat Roll Frosted Yellow Cake 895	10 <u>Veterans Day Lunch!</u> Breaded Pork Loin w/Gravy Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Fancy Apple Pie! 1025	11 <u>Veteran's Day</u> <u>Holiday!</u> <u>No Meals</u> <u>Served</u>
14 Breaded Chicken Breast w/Gravy Soft Roll Mashed Potatoes California Mixed Vegetables Butterscotch Pudding 777	15 Traditional Knockwurst w/Sauerkraut & Mustard Hot Dog Bun Home Fries Seasoned Spinach Pineapple Tidbits 762	16 Homemade Meatloaf w/Gravy Diced Creamed Potatoes Bean Medley Dinner Roll Fruited Gelatin 865	17 Baked Ham Steak w/Pineapple Sauce Whole Sweet Potatoes Apple & Cranberry Compote Whole Wheat Roll Oatmeal Raisin Cookies 823	18 Spanish Rice Casserole Fresh Cornbread Chopped Broccoli Chef Salad w/Dressing Peach Bavarian 920
21 Swedish Meatballs w/Cavatappi Pasta Brussels Sprouts Carrot Coins Chocolate Pudding 762	22 <u>Thanksgiving Lunch!</u> Sliced Roast Turkey, Bread Stuffing & Gravy Chive Mashed Potatoes Green Beans w/Red Pepper Wonderful Pumpkin Pie! 998	23 Lasagna Roll w/Meat Sauce Mozzarella Cheese Spinach & Mushrooms Cauliflower Whole Wheat Roll Tropical Fruit Cup 781	24 <u>Thanksgiving Day</u> <u>Holiday!</u> <u>NO MEALS</u> <u>SERVED</u>	25 Baked Cheese Omelet w/Cheese Sauce Home Fries w/Red Pepper Chopped Broccoli Multigrain Bread Fresh Fruit 696
28 Creamy Turkey & Vegetable Pasta Toss Carrot Coins Chopped Broccoli Fruit Delight Cookie 624	29 Ricotta Cheese Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Fruited Gelatin 764	30 Breaded Chicken Cutlet w/Gravy Soft Roll Whole Sweet Potatoes Chef Salad w/Dressing Pineapple Tidbits 888	1 <u>NEW MENU ITEM!</u> Chopped Steakhouse Burger w/Jardinière Gravy Mashed Potatoes Stewed Tomatoes Dinner Roll Frosted Chocolate Cake 971	2 Vegetable Quiche w/White Cheese Sauce Apple & Cranberry Compote Oat Bran Square Fresh Fruit 1012